Prayers for the Community

For the people of: Sandy Vale, Sandrocks Way
For prayer: Sally & David, Heidi, Mark, Simon, Simon, Bunty
From the Prayer Board: Please pray for William and Miranda, and for all who have asked for prayer for themselves and their families
In memoriam: Ronald Horscroft, Ellen Thorley
To keep our prayers up to date please let Janet or Martin know about people to list and keep listed in Prayers for the Community.

CHILDREN'S WELFARE

'O Lord … You search out my path and my lying down, and are acquainted with all my ways … For it was you who formed my inward parts; you knit me together in my mother's womb … In your book were written all the days that were formed for me, when none of them as yet existed.' PSALM 139:3,13,16 (NRSV)

Holy Spirit, please remind us to pray for all children: to be nurtured and treasured, protected from physical, psychological, and emotional harm, and enabled to reach the potential the Father has placed within them. Above all, may they come to believe in Jesus. For His sake. Amen

Mon 9th Feb Beginning of CHILDREN'S MENTAL HEALTH WEEK – This is My Place Lord, with one in six young people currently experiencing mental health issues, please grant wisdom to families, teachers, counsellors, medical professionals, and others to help them heal and recover their lives, free from anxiety and negative beliefs. May they find good friends. In Your mercy. Amen.

God of all knowledge and wisdom, we pray that children and teenagers will learn to harness the huge benefits of the internet and be equipped to make safe choices, especially as they use AI. Please protect them from accessing harmful material online. In Jesus' name. Amen.

Dear Father, we want every school to be prayed for, and we ask You to bless each one, pouring Your grace and truth into children's lives. Please continue to raise up Christian pupils, school staff, parents, and churches to intercede for their local school communities. By Your grace. Amen.

Thank You Lord for safeguarding policies and practices in place to protect children from abuse and maltreatment. Please help those responsible for this in schools, churches, and other settings to be vigilant, thorough, and wise. May anyone with intent to harm be stopped and dealt with appropriately. In Your mercy. Amen.

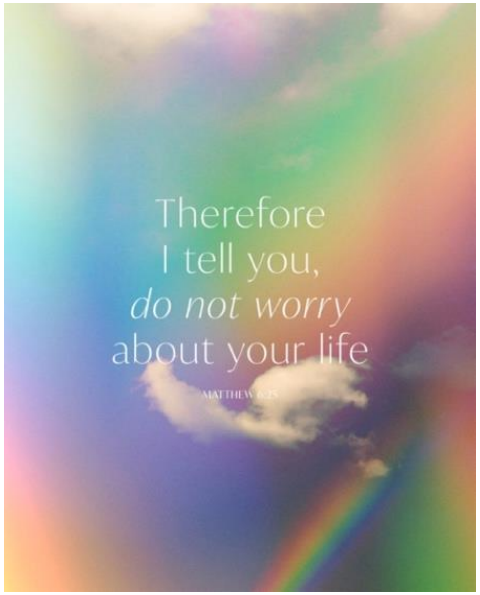
www.care.org.uk

THE ASCENSION

Ascension Weekly

Sunday 8th February 2026 **The 2nd Sunday before Lent**
10.00 am Communion Service
Readings: Romans 8.18-25, Matthew 6.25-34

"Do not worry about your life ….."



Verse 25 of our Gospel reading from Matthew 6 says: "Therefore I tell you, do not worry about your life…" That's important to hear. However, it's often easier said than done. Worry can sometimes feel so overwhelming. No matter how hard we try, we can't stop worrying.

Thankfully, Jesus doesn't simply tell us to stop worrying. He gives us the keys that make it possible. Instead of just commanding, "Do not worry," he goes on to say, "Strive first for the kingdom of God." When we merely try not to worry, our minds often fill the empty space with more anxiety. But when we turn our focus toward God's kingdom andHis purposes, presence, and priorities, there's far less room for worry to take hold.

There's another important clue in how Jesus begins this instruction: "Therefore, I tell you…" That single word 'therefore' points us back to what came just before. His teaching was about treasures on earth, divided loyalties, and the impossibility of serving two masters. Seen in that context, Jesus's call not to worry flows naturally from a life centred on God rather than material things.

(*Continued inside*)

This Week

Sunday 8th February
10.00am Communion Service

Tuesday 10th February
9.30 -10.30am Food Larder

Wednesday 11th February
1.30pm Tiddlers
3.30pm Home Group in church

Thursday 12th February
8.30am Morning Prayers
11.15am Open Space after Up & Amble
12 noon – 1.00pm Food Larder
7.30pm Home Group at Jill's

Saturday 14th February
9.00am Community Coffee

Sunday 15th February
8.30am Said Communion
10.00am Worship Service

Please see the website for links for online streaming:
www.ascensionchurch.co.uk

"Every evening, I turn my worries over to God. He's going to be up all night anyway!"

— Mary C. Crowley

Birthdays this week

Happy Birthday to
Josey Grimwood

Congratulations to Josey and Chris on the birth of their son Sydney who arrived on Wednesday the 4th.

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THE ASCENSION

(Continued from the front page)

Jesus doesn't leave us with a blunt command, "Don't worry," but an invitation: to seek first God's kingdom and to trust that, in doing so, all else will fall into place (Matthew 6:33). If we can practise this day by day, our worry can be released, not by willpower, but by filling our lives with something greater: faith in a loving and caring God who doesn't want us left overwhelmed with worry.

Martin

Welcome to Dr Timothy Fooks

We will be welcoming Dr Timothy Fooks, the High Sheriff of West Sussex, to our 10.00am Service. Dr Fooks will share a bit about the ancient office the High Sheriff and in one of those wonderful coincidence/God-incidence events will be here on the Sunday we have the Matthew's Gospel reading about worry.

Dr. Fooks is a retired General Practitioner (GP) from West Sussex. (He is the first medical doctor to serve as the High Sheriff of West Sussex.) As a GP he was a strong advocate for mental health, promoting holistic care and supporting programs for healthcare professional well-being. Now, as High Sheriff he is focusing his tenure on mental health and community resilience, including supporting charities like West Sussex Mind.